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Why is daily prayer important?

Question: "Why is daily prayer important?"

Answer: Quite simply, for followers of Jesus Christ prayer is the best way to communicate with God. Prayer is the vehicle for daily dialog with the One who created us. The importance of daily communication through prayer cannot be overestimated. It is so important that it is mentioned over 250 times in Scripture. So why is daily prayer so important? First, daily prayer gives us an opportunity to share all aspects of our lives with God. Second, daily prayer gives us the chance to express our gratitude for the things He provides. Third, daily prayer provides the platform for confessing our sin and asking for help in overcoming that sin. Fourth, daily prayer is an act of worship and obedience. And finally, daily prayer is a way to acknowledge who is really in control of our lives. Let's take a look at each of these important reasons in a little more detail.

Daily prayer gives us an opportunity to share all aspects of one's life with God. Life's circumstances change on a daily basis. In fact, things can go from good to bad to worse in a very short time. God calls us to bring our concerns to Him for disposition and potential blessing. He also calls us to share our joys and triumphs with Him. In fact, [Jeremiah 33:3](#) states, "Call to me and I will answer you and tell you great and unsearchable things you do not know." God wants us to call on Him so that He can answer our prayers. He also wants to share with us incredible blessings that we might otherwise have missed.

had we not reached out to Him through prayer. And finally, [James 4:8](#) tells us to “draw near to God, and he will draw near to you.” God wants us to be close to Him at all times.

Daily prayer gives us the chance to express gratitude for the things in life that He provides. It is no secret that we must give thanks to the Lord for all the things that He provides and all of the things He does on our behalf. His goodness and [lovingkindness](#) to us should be recognized on a daily basis. In [1 Chronicles 16:34](#), we are commanded to “give thanks to the LORD, for he is good; his love endures forever.” The psalmist tells us in [Psalm 9:1](#), “I will praise you, O LORD, with all my heart; I will tell of all your wonders.” We pray on a daily basis to acknowledge His faithfulness and His abundant provision in our daily lives.

Daily prayer provides the platform for confessing our sin and asking for help repenting of that sin. Let’s face it, we all sin daily whether we know it or not. So as followers of Jesus Christ, what must we do? Scripture makes it very clear: “Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD’— and you forgave the guilt of my sin” ([Psalm 32:5](#)). Tell God what He already knows and do it on a daily basis. Daily prayer time is a great place to unburden one’s self from the debilitating effects of sin. So often Christians walk around with unconfessed sin that hinders our personal relationship with Jesus Christ, when we should humbly submit ourselves and ask for forgiveness in prayer. Another important element of daily prayer is asking God for the strength to repent of our sins. Only God can help us turn from our sins, and, for this to be so, He needs to hear our plea to repent.

Daily prayer is an act of worship and obedience. Perhaps no other verse better summarizes why we should pray on a daily basis than [1 Thessalonians 5:16-18](#): “Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” It’s God’s will for His children to rejoice in Him, to pray to Him and give thanks to Him. To pray without ceasing simply means that we should make prayer a regular habit and never stop doing so. Prayer also is an act of worship because by praying to Him we are showing Him how much we adore Him. Daily prayer is also an act of obedience that brings joy to the Lord to see His children following His commands.

Daily prayer is a way to acknowledge who is really in control of our lives. As Christians, we know who is really in control. God is sovereign. Nothing happens without God knowing about it ([Isaiah 46:9-10](#); [Daniel 4:17](#)). Because He is sovereign over all, He deserves our worship and praise. “Yours, O LORD, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, O LORD, is the kingdom; you are exalted as head over all”

([1 Chronicles 29:11](#)). God is our great King and as such He controls every aspect of our lives. Each day we should acknowledge His proper place in our lives humbly and with a reverence reserved for such a great and awesome King.

Finally, prayer is something that we all should want to do on a daily basis. Yet for many Christians it can be a challenge to humble one's self in daily prayer. For those who have been walking with the Lord for many years, daily prayer may become stale and lacking in proper conviction or reverence. Whether one is a new believer or an established one, prayer should always be considered as THE best way to speak to God. Imagine not speaking to a loved one or a close friend. How long would the relationship last? Daily prayer with God is daily fellowship with our heavenly Father. It is truly amazing that God would want to have fellowship with us at all. In fact, the psalmist asks, "What is man that you are mindful of him, the son of man that you care for him?" ([Psalm 8:4](#)). Daily prayer is a good way to understand this incredible truth and the marvelous privilege God has given us.

Recommended Resource: [The Prayer That Turns the World Upside Down: The Lord's Prayer as a Manifesto for Revolution by R. Albert Mohler Jr.](#)

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